



IN THE
DAILY PRESS

PUBLISHED EVERY MORNING
EXCEPT MONDAY
BY THE
Daily Press Company,
LIMITED

POSTOFFICE BUILDING.
The Daily Press may be obtained
every morning at the following place:
Crossley Bros., Washington avenue,
J. A. Cory, Aere.
Chesapeake & Ohio Restaurant.
Charles Robinson, No. 7 Ivy avenue

Parties other than those having leg-
itimate accounts with this paper, etc., etc.,
and military organizations, are
required to pay for transient advertise-
ments in advance. An increase of
50 per cent. will be charged for trans-
ient advertisements not paid for in
advance and no transient advertise-
ment will be booked for less space
than one inch. To illustrate: one-half
inch is 25 cents, one inch 50 cents for
one time, when paid in advance, but
they will be 75 cents if charged. Trans-
ient advertisers will save money by
remembering this notice, which applies
in all cases, irrespective of financial
responsibility.

Advertising rates furnished on appli-
cation. Contractors are not allowed to
exceed their space or advertise other
than their legitimate business, except
by paying especially for the same. Ad-
vertisements discontinued before the
expiration of contract will be charged
for at transient rates for the time in-
serted.

SUBSCRIPTIONS.

Daily, twelve months \$4.00
Daily, six months 2.00
Daily, one month50
Daily, one week30
All business, news, letters or tele-
graphic dispatches should be address-
ed to the DAILY PRESS.

BELL PHONE 254.
CITIZEN'S PHONE 11.

Entered at the Postoffice of Newport
News, Va., as second-class matter.

SUNDAY, JULY 21, 1898.

MR. LORD'S SUIT.

The suit brought by George O. Lord,
of New York, to annul the contract for
taking the Spanish prisoners home, ac-
cused by a Spanish trans-Atlantic com-
pany, must strike an intelligent person
as a colossal piece of foolishness. The
plea upon which he bases his claim is
that the "contract is against public
policy and gives aid and comfort to an
enemy of the United States." Inciden-
tally Mr. Lord sues for \$100,000 damages.
If the principal laid down by Mr. Lord
is to prevail it is more than likely that
the courts will have their hands full
for if a business transaction which
saves the United States government
several hundred thousand dollars comes
under the head of "giving aid and com-
fort to the enemy," what must be
thought of General Shafter and his
subordinates, who are daily issuing re-
lations and clothing to these same ene-
mies?

Probably Mr. Lord is "sore" over
failure to secure the contract for some
shipment line in which he is interested.
At any rate, his modest claim for dam-
ages furnishes abundant proof of the
fact that his action is not the result of
high-minded patriotism. His plea is
silly and utterly indefensible.

A writer in the Philadelphia Times
asserts that Lieutenant Worden on the
famous first monitor drove the for-
midable rebel ram Merrimack to de-
struction and defeat after the fa-
mous encounter in Hampton Roads on
March 9, 1862. In spite of the fact that
the statement was badly "delayed in tran-
smission," it seems to have gained little
in accuracy on that account.

Anent all this talk about hauling
down the old flag, it is reassuring to
note that the Honorable Paramount
Blount has not yet been called upon to
furnish preliminary estimates and spe-
cifications.

Whether or not Captain Chichester's
answer to Admiral Van Donderick's
question is to be taken as a declara-
tion of friendship for Uncle Sam, it
goes without saying that Admiral
Dewey now has sufficient force to hold
his own, and that is something to be
thankful for.

According to carefully tabulated re-
turns the minimum fall of Manila dur-
ing the month has averaged about three
times a week.

It is to be hoped that Lieutenant
Holmes' plan for raising the Spanish
ships sunk off Santiago will prove more
practicable and be productive of bet-
ter results than the air bag system ex-
ploited in the efforts to raise the ill-
fated Wyandotte.

If deprived of his trusty typewriter
General Blanco would be a sad de-
ment, indeed.

DISPLAY OF FLOWERS

BEST RECEPTACLES FOR MOST EFFEC-
TIVE ARRANGEMENT.

Choice of Vases as Regards Shape and
Color of First Importance—Slender Flow-
ers Require High Receptacles and Short
Stems Low Vases.

The choice of vases, as regards both
shape and color, is of the first impor-
tance. Tall, slender flowers, such as
daffodils and narcissi, should have
holders, if possible, half as high again
as their own length. Tulips and other
flowers of the same type, on the con-
trary, require to rise from a low, broad
base. It is a great assistance in ar-
ranging flowers which it is desired
should stand upright by themselves,
like the last mentioned, to fill the recep-
tacle loosely with wet moss, into
which they may be stuck as seems
requisite to the artist, besides which,
the flowers go twice as far as if assisted
in this way.

A branch of pink almond blossom,
blackthorn or wild cherry, allowed to
stick carelessly, or apparently care-
lessly, in all its lovely natural spik-
iness out of a big, fat, blue pot, will at
once bring a bit of living spring into
the room, but the same flowers, when
broken up into uninteresting small
sticks and placed in slender recepta-
cles, at once lose all character and be-
come unimportant and meaningless.

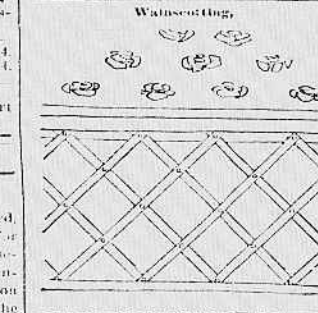
In the case of violets and snowdrops
and such other frail beauties a low
bowl, not more than three inches in
height, is the most satisfactory ar-
rangement. Here, again, the use of
moss is invaluable. There are at present
on the market some inexpensive,
modern, shallow Delft bowls, which
seem made for the accommodation of
violets, hyacinths and other wofully
short-stemmed blossoms.

Roses must be treated according to
their variety. Some spirited, stiff-
necked kinds consent to lend them-
selves to lofty designs, while tea roses
and others of a more yielding, drooping
disposition yearn for bowls and the
support of one another's company, and
even so it is necessary to place a wire
support in the bowl to keep them from
slipping. Can anything be lovelier
than old-fashioned silver bowls filled
with mixed roses?

Cautel Love Letters.

There is a very amiable lady who
uses her love letters to score off her
husband when opportunity occurs. It
is her custom when her husband says
anything disparaging to her to fetch
out one of these relics of courtship
days and reel off the glowing tribute
to her virtues which is therein con-
tained. These letters originally num-
bered somewhere about 200, but owing
to sundry successful raids which the
poor persecuted husband has made up-
on them, the number has been consid-
erably reduced. When he penned the
tender missives little did he imagine
what instruments of torture they
would in later years become.

Wainscoting.



Made of Denim and Webbing.

To Manipulate the Nails.

To manipulate the nails thoroughly
hold the tips of the fingers in a bowl
of hot soap suds for a few minutes.
Then, with an orange stick (never a
steel instrument), push back the cuti-
cle, which must not under any circum-
stances be cut. Trim and file the
nails to shape them, and the shape
must be a delicate oval, not a point.
If a high polish is desired, put the pink
salve on first, then powder and polish;
add more salve and powder, polish
again and wash the hands. After they
are dry rub the nails with a polisher
that has not been in powder, and, as
Byron says, they will look like "The
petals of a pink rose."

How to Remove Freckles.

Very delicate skin, freckles easily. A
few of these "kisses of the sun god"
are supposed to accentuate the white-
ness of a pretty complexion, but too
many are most harassing to the soul of
woman. If a mask of thin muslin, dip-
ped in buttermilk frequently, is worn
for a day immediately after the freck-
les make their appearance, all trace
of them will vanish. Holes for the
mouth and eyes must be cut in the
mask. A wet day might be chosen for
the cure, during which the fair patient
would undergo the fashionable rest
cure, "a day in bed."

For That Tired Feeling.

Ardent lady cyclists may be pleased
to know that when they return stiff
and tired from a long country ride
they will derive great benefit and re-
lief from taking a warm bath in
which has been poured a good tea-spoon-
ful of white vinegar. Ammonia
bath-tubs work with a little egg
liberally in the same way also hashish
of excellent results.

To Make the Skin Dry.

For an oily skin, a most effec-
tive possession in woman, put a piece
in the water and use at washed
ture of rose water and a
of benzoin. The face
in warm water.

but in no

A person never be-
comes a heavy sufferer for sus-
sensed as such, but differs in
plies all the not only peo-
ple, and although that it af-
fects the skin strength,
it agrees with
of more real value
quantity of beef tea,
and chocolate, made
form a rich, heavy food,
not a drink.

EQUIPPING THE ARMY MULE.

Packing Is a Science and the Man Who Is
an Expert Can Make Money.

Most of the army mules in Cuba were
fitted with the Mexican aparejo, which
is to be preferred to the saddle with
"tree and sawback."

It consists first of "two or more thick
felt blankets, folded large enough to
nearly cover the mule from shoulder
to rump. Over this is placed a huge
pair of leather bags united by a broad
band of the same material, the cavities
stuffed with soft hay.

This is girthed to the mule by a
cinch nearly a foot in width, which is
drawn as tightly as possible by a
strong man, pulling with both hands,
and with a foot against the animal's
ribs to give him a greater purchase.
On each side of the spine the articles
to be carried are placed and lashed by
a rope about fifty feet in length, which
has at one end a broad webbing belt
to pass under the belly as was done
with the others. Another "squeezing"
is given and the rope is crossed in dif-
ferent directions over the load, tight-
ened at every crossing, and finally fas-
tened in a knot loosed by one pull.

"Packing" is a science, and as such
commands good wages. I have known
a "chief packer" to be paid a salary of
\$150 per month on the frontier, and his
services were worth the money paid.
The duty is taught to cavalrymen as
part of their drill, and many of the
soldiers become very expert at it. At a
pack drill of the Ninth Cavalry a few
days before it left Montana one com-
pany packed its mule in 1 minute and
54 seconds, and others were but little
slower.

Thirty mules generally constitute a
"train," and are managed by three
men. They are trained to follow a bell,
worn by a horse, white preferred, as
being more readily seen. They are not
confined in any way except when first
put into the train; then, any straying
from it is punished very severely and
Mr. Mule soon learns his place and that
it is best to keep it.

Each man with the train carries a
diamond-shaped leather blind with
leather cords attached to the ends and
knotted together. If a pack becomes
disarranged two of the men lead the
mule out of the trail, blindfold him
with this blind, rearrange his load, re-
move the leather and allow him to re-
join his fellows. He is never struck
when started, and pack mules are never
misused by good packers.

The Bird of Freedom.

The American Eagle voted his senti-
ments on the 4th of July, 1776, in the
great and only Declaration of Inde-
pendence, but he did not take shape for
several weeks after that day. Immedi-
ately after the declaration had been
read to the Continental Congress meet-
ing in Philadelphia at that time, a
resolution was passed creating Benja-
min Franklin, John Adams and Thom-
as Jefferson, all well-known gentle-
men, to be a committee to prepare a
seal of the United States. On the 10th
day of August they reported, bringing
in a combination consisting principally
of a Goddess of Liberty, a Goddess of
a very small and insignificant eagle in
one corner of the device. Incidentally
also on the device was the legend, "E
Pluribus Unum." Although the eagle at
this time was not much of a bird, it
still seemed to the Colonial Congress-
men that something was wrong with
the report of the committee, and the
seal had such a bad effect that the re-
port was laid on the table, where it
stayed until 1779. In March of that
year it took a fresh start with a new
committee, but nothing was done until
1781, when among several designs sub-
mitted was one from William Barton
of Philadelphia, who made the eagle
prominent, and described the bird as
emblematic of sovereignty. Another
design was furnished by Charles Tom-
son, secretary of Congress, and the last
design, and the one finally adopted,
was endorsed "Mr. Barton's improve-
ments on the secretary's device,"
which made some changes in Mr.
Tomson's designs, and this was adopt-
ed June 20, 1782, at which time the
great American Eagle made its first
and genuine appearance in the high-
ness of the great republic he is under-
petual engagement to scream.

Bright Spots Disappear.

Bright spots, that are fast disap-
pearing from the eyes of water ships of
the world, for the reason that such ships
are no longer built of wood, but
steel as are also their lower masts,
and often their top masts, and their
yards, too, up to and including
their topgallant yards, and the masts
ways painted. There is a three-masted
British ship now lying at 24 is her
wharf whose only brighter topmast,
topgallant masts and all the rest
excepting her royal lower masts,
topmasts on the lower royals are
and all her yardgirds. Her royal
of iron and put these are paint-
ed, too.

If in the Navy.

By one thing that the
city proved up to the handle
Cuban navy is clear fighting grit
through. Never once has
it been under any test. Not an officer
all has been from any danger,
they have kept because others
sent to face death without them
into during the torpedoes at Manila.
and Hobson throwing his life like an
old cat into the channel at Santiago
were merely types of our whole naval
service. Every man in the fleet wanted
to go with Hobson.—New York Jour-
nal.

THEY PLAYED IN LUCK.

The Adventures of Three Sailors Cast
Away on a Pacific Isle.

Three shipwrecked sailors, picked
up by the ship "Cottage City"
arrived at San Francisco from New
York to join the Klondike trade. They
were sent to Valparaiso.
They were Jack O'Neil of San Fran-
cisco, William Walsh of New York and
John Dill, a Norwegian. They had
been seamen on the bark Monatum,
wrecked seven months ago.
"We were on the way from Newcas-
tle, Australia, to Panama, when the
bark was wrecked," said O'Neil, at the

San Francisco Home. "Captain Newhall put
us at the pumps, and he soon concluded
that we would have to run for
Easter Island. This island, mind, is
500 miles off the coast of Chile, about 2-
500 miles from anywhere.

"The captain's idea was to run the
bark ashore, so he wasn't particular
what course he took, and as hard luck
would have it, we banged into a reef.
That settled it, and we barely suc-
ceeded in getting ashore with our lives.
"Easter Island is about twenty miles
long and eight or nine miles wide. It
is inhabited by a simple and hospita-
ble lot of Kanakas—about 180 of them
in all. There is a king at the head,
and there are three or four chiefs or
officers, who seem to hold office by
right of age.

"The king took a fancy to me. He
unceremoniously conducted me to his
house—a rude cabin of sticks, dried
mud and thatch. The captain and the
rest of the crew had to put up with
the homes of the ordinary citizens, but
we all had about the same amount of
beef and sweet potatoes to eat. These
are the only foods we saw on the is-
land, and as the cattle run wild and
have scant pasturage the beef is pret-
ty lean. They have only one meal a
day on the island, and that comes
about 5 o'clock in the afternoon.

"Ity one of those funny freaks that
always happen at shipwrecks, a chest
containing paint had floated ashore. I
painted the king's house for him red,
white and yellow, with trimmings of
tar. His bare-footed highness thought
that was out of sight. He had an ex-
tra dinner that day, just as they do
at weddings and funerals, and he never
stopped chuckling.

"We had been there six months
when a sailing vessel landed and took
us to Valparaiso. The king and all
his subjects—men, women and child-
ren—shouted in lamentation as we
sailed away."

Curling a Shrinker.

An old civil war veteran tells a good
story of how a lazy private in his reg-
iment was cured of shirking. It ap-
pears that the fellow was utterly no
good. He had been drafted into ser-
vice, and thereafter devoted his whole
time and attention to getting out of
it. He spent more than half of his
time in the hospital tent. He ran the
gamut of all the diseases that flesh
is heir to or has acquired through its
own misguided efforts. Somehow even
the severity of military discipline was
inadequate to his case; shirk he could
and would.

One day the regiment was ordered
to battle. There was to be a long,
hard march and a fierce conflict at the
end of it. When the orders came the
shirker collapsed. He was taken to an
ambulance, where he lay apparently in
a comatose condition, hearing nothing,
heeding nothing. The surgeon, a new
officer just appointed on the staff, was
sent for to see him. The physician
chanced to be a keen-witted man, and
after taking in the situation he ban-
daged the fellow's eyes, motioned to a
private to take his feet, while he him-
self took the head, and without more
head-broom into the river. As it
was the dead of winter, with ice
blocks clogging the water, a more vi-
olent remedy could not be imagined and
the way the fellow swam to shore was
a caution. From that day forth he
was never known to try his game of
shirk again.

Shipping Molten Iron.

A mechanical and an economical
triumph reported from Pennsylvania
is the daily shipment of tons of molten
iron by railway from the blast fur-
naces at Duquesne to the Homestead
Steel Works. This remarkable feat
was instituted on the 1st of June. The
is now an ordinary daily routine the
molten iron as it is ladled into 250
furnaces runs into any quantity of mix-
ing ladle having at its poured into
tons, and from 25, the ladles being
the 20-ton ladles or iron, with a lin-
ing of refractory material. The cars
ing of molten iron by a locomotive to the
are works where the direct conver-
sion of the molten iron into open-
hearth steel is made, avoiding all the
expense of casting the metal into pigs
and rolling, handling, re-rolling, re-
heating and remelting the pig metal.
It is stated that between 700 and 800
tons of iron are transported daily
from the Duquesne furnaces in this
manner.

Unique Blotters.

A Philadelphia man owns a most
unique assortment of pieces of blotting
paper, collected by his father, who was
long an official of the White House,
each of which, reversed, bears the sig-
nature of a President, from General
Harrison, who died a month after his
election in 1841, to Garfield. On one
sheet, the most highly prized of the
lot, the last official letter signed by
President Lincoln was blotted before
he was assassinated by Booth.

Little Ethel—This is a portrait of
mamma before she was married.
Visitor—Ah, indeed?
Little Ethel—Yes, she hasn't time to
look like that now.

Paper Floors in Germany.

Paper floors are enjoying a steadily
increasing popularity in Germany,
which is readily explained by the
many advantages they possess over
wooden flooring. An important ad-
vantage consists in the absence of
joints, whereby accumulations of dust,
vermin, and fungi, dangerous to
health, are done away with. The new
paper floors are bad conductors of
heat and sound, and in spite of their
hardness have a linoleum-like, soft
feel to the foot. The costs are con-
siderably lower than those of floors
made of hard wood. The paper mass
receives a small addition of cement
as binder, and is shipped in bags, in
powder form. The mass is stirred into
a stiff paste, spread out on the floor,
pressed down by means of rollers, and
painted with oakwood, nutwood, or
mahogany color, after drying.

Notable Centennials of the Year.

The following centennial celebra-
tions will be held this year: The
100th anniversary of Vasco da Gama's
discovery of the way to India by way
of the Cape of Good Hope, at Lisbon,
in May; the burning of Savonarola, at
Florence, in May; the birth of Ho-
sein, at Basle, in June; Montpelier will
celebrate the 100th birthday of Augus-
te Comte; Ancona (that of Leopoldi,
and Paris that of Michelet, the histor-
ian.

"The hymn of the Republic" under
conditions not very dissimilar. It was
in 1801, just after the first battle of
Bull Run. She was in Washington,
and the disastrous defeat of McDowell
by Beauregard and Joe Johnston
preyed on her mind. One evening,
after she had witnessed a review of
the Army, she retired early, but the
subject of the war kept her from go-
ing to sleep. Words of the hymn
framed themselves in her mind, and
lest they might slip from her she arose
and jotted them down. Those words
nearly made her famous.

Going back to the last century, "Hail
Columbia" was inspired by our trou-
bles with France in 1798 although it
is classed with the ballads of the
Revolution and was first sung at the
Chestnut Street Theatre in Philadel-
phia.

None of the songs of the revolu-
tionary war except "Yankee Doodle"
survives. Francis Scott Key's thrill-
ing composition is all that remains
of the conflict of 1812-15.

Then conquer we must, for our cause
it is just.
And this be our motto: "In God we
trust."
And the star spangled banner in tri-
umph shall wave.
O'er the land of the free and the home
of the brave.

Two of the first ballads written
after the firing on Fort Sumter were
William Cullen Bryant's "Our Coun-
try's Call" for the North, and Henry
Timrod's "A Cry to Arms" for the
South. Bryant's began thus:

Lay down the ax, fling by the spade,
Leave in its track the tolling plough;
The rifle and the bayonet blade.
For arms like yours were fitter now,
Timrod's began something like this:

Leave barn and byre, leave kin and
cot.
Lay down the bloodless spade;
Let desk and case and counter rot.
And burn your books of trade?
The doggerel about "John Brown's
Body" was frequently sung upon the
march by the soldiers, as was "March-
ing Along," which was written by
William H. Bradbury as a tribute to
General McClellan. The name of the
leader was changed from time to
time to accord with the facts.

"When This Cruel War is Over" had
a well sustained popularity during the
war of 1861-65, a riddle that could not
be read by the help of anything in
the sentimental lines. The song had
no poetic merit, its rhyme was com-
monplace and the tune to which it
was sung was of the flimsiest musi-
cal structure, without even a trick of
melody to recommend it. Yet it was
more frequently sung, North and
South, than any other, the Southern
singing inserting a "gray" for the
"blue" at the end of the sixth line of
the first stanza, with cheerful reck-
lessness of its effect upon the rhyme.
This thing was heard in every camp
every day and at all hours of the day.
Men chanted it on the march and
sang it, even at home, and it was

Why Cannibals Eat Human Flesh.

According to a French writer named
Petrie, whose conclusions are quoted in
the Medical News, 20 per cent of all
cannibals eat the dead in order to
glorify them; 19 per cent eat great
warriors in order that they may in-
herit their courage and get dead
children in order to renew their youth;
10 per cent eat their near relatives
in order to inherit their wealth. This
thing was heard in every camp
every day and at all hours of the day.
Men chanted it on the march and
sang it, even at home, and it was

Australia's Curiousities.

There are some curious things in
Central Australia. According to Prof.
Baldwin Spencer, Lake Amadeus, in
the dry season, is merely a sheet of
salt. Ayers Rock, about five miles
round, rises abruptly from the desert.
Formerly vast rivers flowed here, and
the diprotodont, a wombat-like crea-
ture, worthy of its name, and four
times as large as a kangaroo, flour-
ished on the plains. Now there are
hardly any animals to be seen. The
fish live in water holes of the hills un-
til the floods wash them down to the
valleys. At the end of the wet season
the water frogs fill themselves with
water, roll themselves in the mud, and
lie low till the next rains, which may
not come for two years. Meanwhile,
the provident frog, like the "mongoose"
of Robert Burns, may have the misfor-
tune to furnish a drink to a thirsty
black. The natives also get water
from the roots of trees. They are in
the "totem" stage and reverence cer-
tain plants or animals which protect them.
Men of one group can only marry
women from another single group.

Some Stirring War Songs.

One of Them Was Composed to Fit Both
North and South.

There never was a better marching
fighting song than "Marching Through
Georgia," but the conditions that made
it impressive have passed away, or
if they haven't they are merely pain-
ful, and the song cannot survive.
"The Battle Cry of Freedom" was an-
other song inspired by the Civil War,
but it is only a reminder of evil days,
and the "Bonnie Blue Flag" of the
South is buried with it. "Dixie"
comes up to our ears once in a while,
like the mock tragedy of a low come-
dian.

One of the most beautiful war

poems of the South was "My Mary-
land." Men have wept to go into
battle after hearing it. It was writ-
ten by James H. Randall, a native of
Baltimore. He was a professor of
English literature in Poydras College,
Louisiana, in 1861, when he read of
the march of the Massachusetts troops
through his native city. The subject
preyed on his mind, and in the middle
of the night he got out of bed, lighted
a candle and wrote "Maryland, My
Maryland."
It was said Julia Ward Howe wrote

A POWERFUL PRINCESS.

Clementine of Saxe-Coburg is One of the
Cleverest Women of Europe.

This stately lady is Princess Clemen-
tine of Saxe-Coburg. The princess
who was described some years ago by
a distinguished statesman as one of
the three cleverest women in Europe.
"the nightmare of the emperor of Aus-
tria, the bogey of the emperor of Rus-
sia, and the sleeping draught of Bis-
marck," has recently risen from what
it was feared would prove her death-
bed. Princess Clementine's career
and character are alike remarkable. A
daughter of Louis Philippe, she has
made her influence felt all over the
world almost from her girlhood. She
has the brains of her family, and her



PRINCESS CLEMENTINE.

father, who was very proud of her,
took care that they should be develop-
ed, with the result that she has played
a more prominent part in the making
of history than most of her contempo-
raries. Not the least notable of her
achievements was that her royal high-
ness traveled to Bulgaria last June, for
the sole purpose of spending her 50th
birthday with her son, Prince Ferdi-
nand. Princess Clementine has been,
indeed, one of the most remarkable
women of the century, and not the
least active exercise of her great tal-
ents has been witnessed during the last
ten years, when she has brought all
her powers to bear in support of Prince
Ferdinand, her youngest and favorite
son, in his often difficult position.

To Have Teeth Like Pearls.

The reckless manner in which most
people abuse their teeth is enough to
make their worst enemy remonstrate
with them. The care of the teeth
should be begun in babyhood, a soft
toothbrush being used twice a day by
whoever has care of the infant. As
soon as the first teeth loosen the child
should be taken to a dentist to remove
them, so the new teeth will have room.
After this periodical visits should be
made to the dentist. A child should
never be allowed to bite bread or crack
nuts with his teeth, for it is likely to
chip the enamel.

The teeth, to be kept in proper order
should not only be brushed night and
morning, but after every meal in the
day. The toothbrush must be rather
hard and you must provide yourself
with two or three of various shapes,
so as to keep the teeth in proper con-
dition, as you cannot properly clean
every tooth unless you have a brush
that is specially constructed to reach
the back corners in your mouth. A
toothbrush should be well washed in
clean fresh water and either soap or
ammonia used now and then to clean
it with.

It must be remembered that to take
too hot drinks or eat too hot food is
very bad, indeed, for the teeth. The
rapid transition from heat to cold is
the worst possible thing that could
happen to them and often causes
cracks and disease of the teeth. If
vinegar is taken with one's food or
medicine in which is any kind of iron
steel or any acid, the teeth not only
should be well brushed afterward, but
the medicine taken through a glass
tube.

Affecting the Health.

Do not eat very acid fruit with fari-
caceous food unless you have a very
good digestion.
Hops pillows are a great comfort to
nervous people and a headache is often
soothed thereby.
Oranges, lemons and limes affect
most directly the complexion and are
especially good if taken before break-
fast.

Early morning exercise is denounced
nowadays by the majority of hygiene
teachers. At that time, they say, vi-
tality is at its lowest ebb and needs the
stimulation of food.

A French physician declares that
dyspepsia is often caused by soup. He
says it distends the stomach and pre-
vents the digestion of the solids that
are eaten after the soup.

An excessively nervous woman, if she
has a liking for onions, should gratify
it. Two or three eaten with bread and
butter before going to bed are a fine
sedative.

Ripe peaches are easily digested and
are also fattening. Strawberries, con-
taining a larger percentage of iron
than any other fruit, enrich the blood.

To Tickle Fickle Appetites.

For